

Basic Report 15237, Fish, salmon, Atlantic, farmed, cooked, dry heat

Report Date: September 15, 2019 20:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 fillet 178g
Proximates				
Water	g	64.75	55.04	115.25
Energy	kcal	206	175	367
Protein	g	22.10	18.79	39.34
Total lipid (fat)	g	12.35	10.50	21.98
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	15	13	27
Iron, Fe	mg	0.34	0.29	0.61
Magnesium, Mg	mg	30	26	53
Phosphorus, P	mg	252	214	449
Potassium, K	mg	384	326	684
Sodium, Na	mg	61	52	109
Zinc, Zn	mg	0.43	0.37	0.77
Vitamins				
Vitamin C, total ascorbic acid	mg	3.7	3.1	6.6
Thiamin	mg	0.340	0.289	0.605
Riboflavin	mg	0.135	0.115	0.240
Niacin	mg	8.045	6.838	14.320
Vitamin B-6	mg	0.647	0.550	1.152
Folate, DFE	µg	34	29	61
Vitamin B-12	µg	2.80	2.38	4.98
Vitamin A, RAE	µg	69	59	123
Vitamin A, IU	IU	230	196	409
Vitamin E (alpha-tocopherol)	mg	1.14	0.97	2.03

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Vitamin D (D2 + D3)	µg	13.1	11.1	23.3
Vitamin D	IU	526	447	936
Vitamin K (phylloquinone)	µg	0.1	0.1	0.2
Lipids				
Fatty acids, total saturated	g	2.397	2.037	4.267
Fatty acids, total monounsaturated	g	4.181	3.554	7.442
Fatty acids, total polyunsaturated	g	4.553	3.870	8.104
Cholesterol	mg	63	54	112
Amino Acids				
Other				
Caffeine	mg	0	0	0